

**CLAIMS**

1. An exercise resistance cable apparatus for engagement within a slot of an activity bay of a support structure, comprising:
  - a) a first cable/anchor module, comprising:
    - i. a first elastic exercise resistance cable; and,
    - ii. a first cable expansion anchor securely connected, at a first end, to a first end of said elastic exercise resistance cable, comprising:
      1. a shaft;
      2. a first radially extending flange on said shaft; and,
      3. a second radially extending flange on said shaft, said second radially extending flange being longitudinally spaced from said first flange; and,
  - b) a hand grip connected to a second end of said first elastic exercise resistance cable, wherein said shaft is engageable with a slot of an activity bay, relative movement therebetween being restricted by said first and second flanges.
2. The apparatus of Claim 1 further comprising:

at least one additional cable/anchor module connected to said first cable/anchor module, said cable/anchor modules being serially connected to provide a desired user length and resistance.
3. The apparatus of Claim 2 wherein said at least one additional cable/anchor modules comprises two additional cable/anchor modules.
4. The apparatus of Claim 2 wherein said at least one additional cable/anchor modules comprises three additional cable/anchor modules.
5. The apparatus of Claim 1 wherein said cable expansion anchor is spool shaped.
6. The apparatus of Claim 1 further comprising another hand grip connected to a second end of said first cable expansion anchor.
7. An exercise resistance cable apparatus for engagement with an activity bay of a support structure, comprising:

- a) a plurality of serially connected cable/anchor modules,
    - i. a first of said cable/anchor modules comprising:
      - 1. a first elastic exercise resistance cable; and,
      - 2. a first cable expansion anchor securely connected to a first end of said elastic exercise resistance cable,
    - ii. subsequent of said cable/anchor modules, each comprising:
      - 1. a subsequent elastic exercise resistance cable; and,
      - 2. a subsequent cable expansion anchor securely connected to a first end of said subsequent elastic exercise resistance cable, said first cable expansion anchor and subsequent cable expansion anchors being constructed to engage with a selected activity bay of a support structure; and,
  - b) a hand grip connected to a second end of said first elastic exercise resistance cable.
8. The apparatus of Claim 7 wherein said cable expansion anchor is formed of hardened plastic.
9. The apparatus of Claim 7 wherein said wherein said cable expansion anchors are spool shaped.
10. An exercise system, comprising:
- a) a support structure having at least one activity bay secured thereto, said activity bay having a slot formed therein; and,
  - b) at least one exercise resistance cable apparatus for engagement within said slot of said activity bay, comprising:
    - i. at least one cable/anchor module, comprising:
      - 1. a first elastic exercise resistance cable; and,
      - 2. a first cable expansion anchor securely connected, at a first end, to a first end of said elastic exercise resistance cable, comprising:
        - a. a shaft;
        - b. a first radially extending flange on said shaft; and,
        - c. a second radially extending flange on said shaft, said second radially extending flange being longitudinally spaced from said first flange; and
    - ii. a hand grip connected to a second end of said first elastic exercise resistance cable,

wherein said shaft is engageable with said slot of said activity bay, relative movement therebetween being restricted by said first and second flanges.

11. The exercise system of Claim 10 wherein said at least one cable/anchor module comprises a plurality of cable/anchor modules being serially connected to provide a desired user length and resistance.

12. The apparatus of Claim 10 wherein each said cable expansion anchor is spool shaped.

13. A exercise system, comprising:

- a) a support structure having at least one activity bay secured thereto, and,
- b) at least one exercise resistance cable apparatus for engagement with said activity bay of said activity bay, comprising:
  - i. a plurality of serially connected cable/anchor modules,
    - 1. a first of said cable/anchor modules comprising:
      - a. a first elastic exercise resistance cable; and,
      - b. a first cable expansion anchor securely connected to a first end of said elastic exercise resistance cable,
    - 2. subsequent of said cable/anchor modules, each comprising:
      - a. a subsequent elastic exercise resistance cable; and,
      - b. a subsequent cable expansion anchor securely connected to a first end of said subsequent elastic exercise resistance cable, said first cable expansion anchor and subsequent cable expansion anchors being constructed to engage with a selected activity bay of said support structure; and,
    - 3. a hand grip connected to a second end of said first elastic exercise resistance cable.

14. The exercise system of Claim 13 wherein said support structure comprises a chair.

15. The exercise system of Claim 13 wherein said support structure comprises a folding chair.

16. A universal gym exercise system, comprising:

- a) a main frame;
- b) a plurality of exercise components associated with said main frame, at least one of said exercise components, comprising:

- i. a support structure having an activity bay secured thereto, said activity bay having a slot formed therein; and,
    - ii. an exercise resistance cable apparatus for engagement within said slot of said activity bay, comprising:
      - 1. at least one cable/anchor module, comprising:
        - a. a first elastic exercise resistance cable; and,
        - b. a first cable expansion anchor securely connected, at a first end, to a first end of said elastic exercise resistance cable, comprising:
          - i. a shaft;
          - ii. a first radially extending flange on said shaft; and,
          - iii. a second radially extending flange on said shaft, said second radially extending flange being longitudinally spaced from said first flange; and
      - 2. a hand grip connected to a second end of said first elastic exercise resistance cable,
  - wherein said shaft is engageable with said slot of said activity bay, relative movement therebetween being restricted by said first and second flanges.
17. An exercise chair for an exercise system, said exercise system of a type that utilizes an exercise resistance cable apparatus having a cable expansion anchor of a type that includes a shaft, a first radially extending flange on said shaft, and a second radially extending flange on said shaft, said second radially extending flange being longitudinally spaced from said first flange, said exercise chair comprising:
  - a) a chair frame; and,
  - b) a plurality of activity bays positioned at desired locations on said chair frame which are associated with designated exercises, each said activity bay having a slot formed therein positioned at a desired orientation for engagement with a cable expansion anchor of an exercise resistance cable apparatus.
18. The exercise chair of Claim 17 wherein each of said plurality of activity bays has an L-shaped slot.
19. The exercise chair of Claim 17 wherein each of said plurality of activity bays has an L-shaped slot, each slot oriented in the reverse direction of the applied pulling force for a

designated exercise routine.

20. The exercise chair of Claim 17 wherein each of said plurality of activity bays comprises a plate element having said slot formed therein.
21. An exercise chair for an exercise system, said exercise system of a type that utilizes an exercise resistance cable apparatus having a cable expansion anchor of a type that includes a shaft, a first radially extending flange on said shaft, and a second radially extending flange on said shaft, said second radially extending flange being longitudinally spaced from said first flange, said exercise chair comprising:
- a) a chair frame having a seat portion and a seat back portion;
  - b) a plurality of activity bays positioned at desired on said chair frame at desired locations on said seat portion and/or said seat back portion, each said activity bay comprising a plate element having a slot formed therein for engagement with a cable expansion anchor of an exercise resistance cable apparatus.
22. The exercise chair of Claim 21 wherein said chair frame is non-foldable.
23. The exercise chair of Claim 21 wherein said chair frame is a portion of a universal exercise system.
24. The exercise chair of Claim 21 wherein said chair frame is foldable.